



Energize and Mobilize!

Eat Fruits, Vegetables, and Be Active

Action Steps You Can Take in the Community

☒ **Get in touch with government and community leaders, policymakers, and advocacy groups.**

- Contact your local policymakers including the City Council, district offices of Federal and State representatives, mayors, Board of Supervisors, etc. about safe and affordable access to fruits, vegetables, and physical activity.
- Compile local media coverage, studies, county-level data, and/or research about the issue of obesity in your community. These clippings and data can be used as evidence of the importance of tackling the health issues caused by poor diet and physical inactivity.
- Ensure that community leaders and policymakers are educated about the health status of Californians and the need to improve access to fruits and vegetables and safe physical activity opportunities, especially in low-income communities.
- Advocate for support of policies that improve access to quality, affordable, healthy foods like fruits and vegetables, and promotes safe communities to encourage physical activity.

☒ **Urge state and community leaders to make healthy changes in the environment.**

- Ask your county and local schools to implement and enforce healthy food and beverage standards in public buildings. Visit www.ca5aday.com/worksite for sample worksite standards and www.publichealthadvocacy.org for sample school standards.
- Encourage community leaders to partner with grocery stores, farmers' markets, and local farmers in their communities to ensure quality fruits and vegetables are available. If your city doesn't have a farmers' market, encourage local vendors and civic leaders to establish one.
- Encourage developers and city planners to create walkable communities and establish more places where people can access affordable, quality fruits and vegetables.
- Ask restaurants to provide healthy menu options at affordable prices.
- Work with local schools and civic groups to establish school and community gardens.